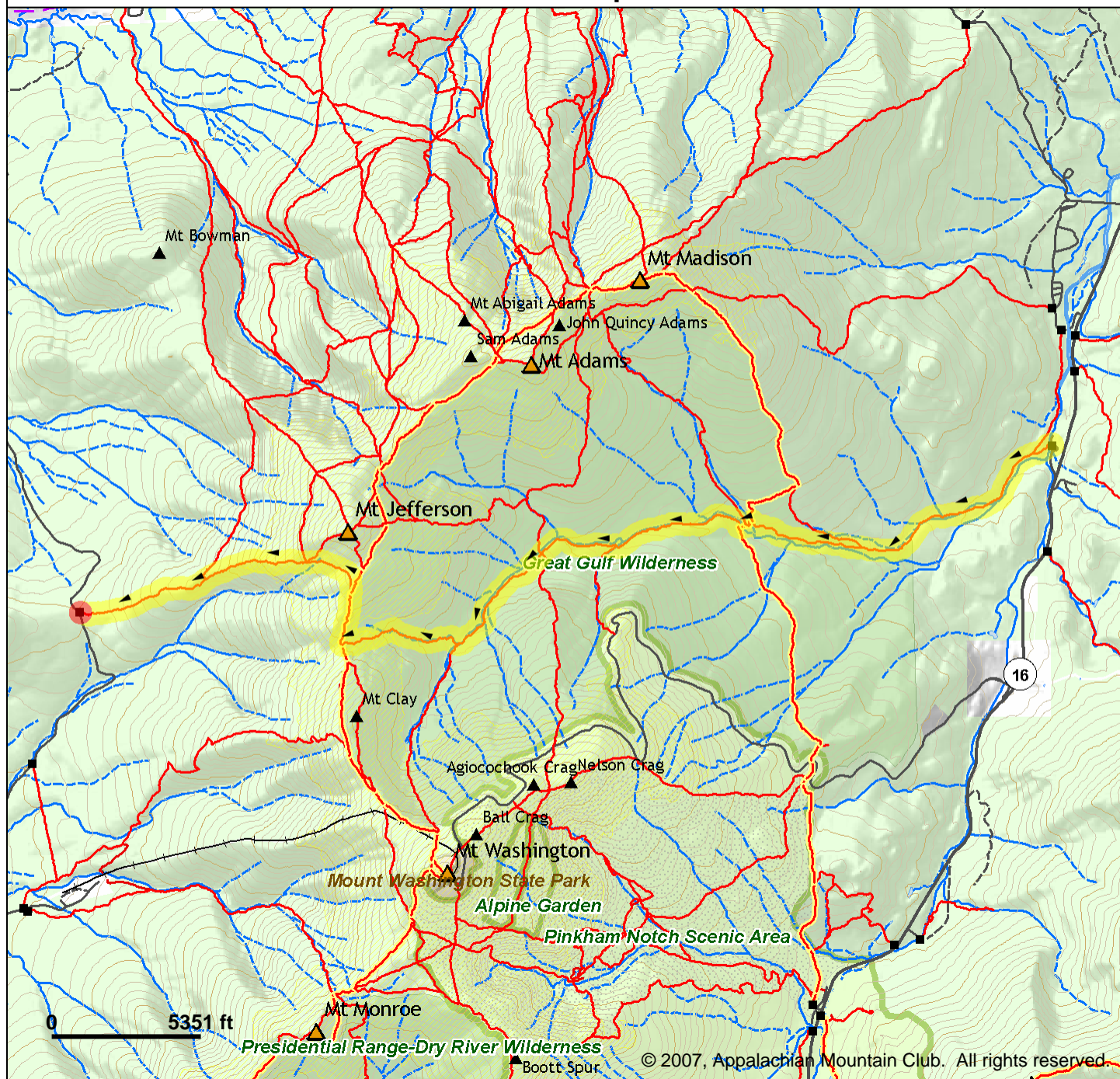


GGulf-Caps



Notes

Distance	Time	Elev Change	Trail / Waypoint	Latitude	Longitude
			starting at Great Gulf Trailhead This trail begins at the parking area on the west side of NH 16, about 1.5 mi. south of its junction with Pinkham B (Dolly Copp) Rd. near Dolly Copp Campground.	44° 18' 45"	71° 13' 13"
A landslide has obliterated a 600' section of trail on the Great Gulf headwall.					
0.30 mi	10 min	+32 ft	on Great Gulf Trail		
0.30 mi	10 min	+32 ft	Some of the brook crossings may be difficult or dangerous in moderate to high water conditions, and brooks can rise very quickly in heavy rains in this deep, steep-walled valley. Ascent on the headwall is steep and rough. Except for first segment, this trail is in the Great Gulf Wilderness; camping is prohibited within 0.25 mi. of the trail above the junction with the Sphinx Trail, and below that point, it is limited to designated trailside sites or sites at least 200 ft. away from the trail. Leaving the parking lot, the trail leads north on an old road then turns left and descends slightly to cross the Peabody River on a suspension bridge. It then ascends to a junction with the former route from Dolly Copp Campground, now called the Great Gulf Link Trail.		
			to the junction of Great Gulf Link	44° 18' 42"	71° 13' 22"
1.50 mi	59 min	+459 ft	on Great Gulf Trail		
1.80 mi	1 hr 9 min	+490 ft	The Great Gulf Trail turns sharp left here and follows a logging road along the northwest bank of the West Branch of the Peabody River, at first close to the stream and later some distance away from it. The Hayes Copp Ski Trail diverges right, the Great Gulf Trail soon crosses into the Great Gulf Wilderness, and the Osgood Trail diverges right.		
			to the junction of Osgood Trail	44° 18' 09"	71° 14' 47"
entering wilderness area					
0.90 mi	42 min	+477 ft	on Great Gulf Trail		
2.70 mi	1 hr 51 min	+967 ft	The Great Gulf Trail returns to the West Branch and follows it fairly closely for 0.7 mi., then climbs to the high gravelly bank called the Bluff, where there is a good view of the gulf and the mountains around it. The trail follows the edge of the Bluff, then the Osgood Cutoff (which is part of the AT) continues straight ahead while the Great Gulf Trail descends sharp left; for a short distance this trail is also part of the AT.		
			to The Bluff	44° 18' 18"	71° 15' 41"
0.08 mi	3 min	-21 ft	on Great Gulf Trail		
2.78 mi	1 hr 54 min	+946 ft	In 50 yd., the trail crosses Parapet Brook (no bridge), then climbs to the crest of the little ridge that separates Parapet Brook from the West Branch, where the Madison Gulf Trail enters right, coming down from the vicinity of Madison Hut through Madison Gulf.		
			to the junction of Madison Gulf Trail	44° 18' 17"	71° 15' 44"
0.07 mi	4 min	+16 ft	on Great Gulf Trail		
2.85 mi	1 hr 58 min	+962 ft	The two trails run together, descending the steep bank to the West Branch, crossing a suspension bridge to the north bank, and climbing to the crest of the little ridge that divides Parapet Brook from the West Branch. Here, Great Gulf Trail continues straight ahead, leading to NH 16 or (via Osgood Cutoff) to Osgood Trail for Mt. Madison and Madison Spring Hut.		
			to the junction of Madison Gulf Trail	44° 18' 16"	71° 15' 48"
1.05 mi	47 min	+477 ft	on Great Gulf Trail		
3.90 mi	2 hr 45 min	+1439 ft	The Great Gulf Trail crosses Chandler Brook, and on the far bank, the Chandler Brook Trail diverges left and ascends to the Mt. Washington Auto Rd.		
			to the junction of Chandler Brook Trail	44° 18' 10"	71° 16' 48"
0.60 mi	28 min	+335 ft	on Great Gulf Trail		

Distance	Time	Elev Change	Trail / Waypoint	Latitude	Longitude
4.50 mi	3 hr 13 min	+1774 ft	The Great Gulf Trail continues close to the river, passing in sight of the mouth of the stream that issues from Jefferson Ravine on the north, to join the Six Husbands Trail (right) and Wamsutta Trail (left).		
			to the junction of Wamsutta Trail, Six Husbands Trail	44° 18' 07"	71° 17' 25"
1.10 mi	49 min	+507 ft	on Great Gulf Trail		
5.60 mi	4 hr 2 min	+2282 ft	The trail climbs up ledges beside a cascade and continues past numerous other attractive cascades. After crossing over to the northwest bank of the West Branch (may be difficult), it soon crosses the brook that descends from Sphinx Col and reaches the junction where the Sphinx Trail, leading to the Gulfside Trail, diverges right. Camping is prohibited within 0.25 mi. of the trail above this junction.		
			to the junction of Sphinx Trail	44° 17' 35"	71° 18' 06"
entering alpine zone					
1.10 mi	1 hr 14 min	+1356 ft	on Sphinx Trail		
6.70 mi	5 hr 16 min	+3638 ft	This steep and very rough but wild and beautiful trail runs from the Great Gulf Trail below Spaulding Lake to the Gulfside Trail in Sphinx Col, between Mt. Jefferson and Mt. Clay. This trail is particularly important because it affords the quickest escape route for anyone overtaken by storm in the vicinity of Sphinx Col. It diverges east from the Gulfside Trail 40 yd. north of the lowest point in the col, running through a grassy, rock-walled corridor, and descends to the Great Gulf Trail. Once below the col, the hiker is quickly protected from the rigor of west and northwest winds. For a considerable part of its length, this trail climbs very steeply; there is a long section of very slippery rocks in a brook bed, very tedious particularly on the descent, and some of the scrambles on the ledges in the upper part are challenging. The trail's name is derived from the profile of a rock formation seen from just below the meadow where water is found. This trail is almost entirely within the Great Gulf Wilderness.		
			The trail branches northwest from the Great Gulf Trail near the crossing of the brook that flows down from Sphinx Col through the minor ravine between Mt. Clay and Mt. Jefferson. It soon turns due west and ascends close to the brook, first gradually, then very steeply, crossing the brook four times and passing several attractive cascades and pools. Just before the third crossing the trail runs along the steep edge of a flume-like formation. Above the third brook crossing, the trail crosses the base of a landslide caused by the 2011 storm. For about 100 yd. above the fourth crossing it runs directly in the brook bed, where the rocks are extremely slippery. At the foot of a broken ledge with several small streams cascading over it, the trail turns left away from the brook and angles up across two more small brooks with a couple of short tricky scrambles. It climbs a small, fairly difficult chimney where views out from the scrubby slope start to appear, then scrambles up ledges with several rock pitches of some difficulty. About 100 yd. above the chimney, after a slight descent, the trail crosses a small meadow where there is usually water under a rock just downhill to the north of the trail. The trail then climbs steeply up a rocky cleft, ascends easily over the crest of a small rocky ridge, and descends into a slight sag. It finally climbs to the ridge crest and traverses a grassy passage at the base of a rock wall to the Gulfside just north of Sphinx Col.		
			to the junction of Gulfside Trail	44° 17' 35"	71° 19' 04"
leaving wilderness area					
0.50 mi	25 min	+297 ft	on Gulfside Trail		

Distance	Time	Elev Change	Trail / Waypoint	Latitude	Longitude
7.20 mi	5 hr 41 min	+3935 ft	<p>This trail, the main route along the Northern Presidential ridge crest, leads from Madison Spring Hut to the summit of Mt. Washington. It threads its way through the principal cols, avoiding the summits of the Northern Peaks, and offers extensive, ever-changing views. Its elevations range from about 4,800 ft. close to the hut to 6,288 ft. on the summit of Mt. Washington. The name Gulfside was given by J. Rayner Edmands who, starting in 1892, located and constructed the greater part of the trail, sometimes following trails that had existed before. All but about 0.8 mi. of the trail was once a graded path, and parts were paved with carefully placed stones—a work cut short by Edmands's death in 1910. The whole trail is part of the AT, except for a very short segment at the south end. For its entire distance, it forms the northwestern boundary of the Great Gulf Wilderness, though the path itself is not within the Wilderness. The trail is well marked with large cairns, many topped with a yellow-painted stone, and, though care must be used, it can often be followed even in dense fog. Always carry a compass and study the map before starting, so you will be aware of your alternatives if a storm strikes suddenly. The trail is continuously exposed to the weather; dangerously high winds and low temperatures may occur with little warning at any season of the year. If such storms threaten serious trouble on Gulfside Trail, do not attempt to ascend the summit cone of Mt. Washington, where conditions are usually far worse. If you are not close to either of the huts (at Madison Spring or Lakes of the Clouds), descend below treeline to shelter in the woods, on a trail if possible, or without trail if necessary. A night of discomfort in the woods is better than exposure to the weather on the heights, which may prove fatal. Slopes on the Great Gulf (east and southeast) side are more sheltered but generally much steeper, with numerous dangerous cliffs, and are much farther from highways than slopes on the west side. It is particularly important not to head toward Edmands Col in deteriorating conditions; there is no easy trail out of this isolated mountain pass (which often acts like a natural wind tunnel) in bad weather, and hikers have sometimes been trapped in this desolate and isolated place by a storm. The emergency refuge shelter that was once located here was removed in 1982 after years of misuse and abuse (including illegal camping) by thoughtless visitors. In order to enjoy a safe trip through this spectacular but often dangerous area, there is no substitute for studying the map carefully and understanding the hazards and options before setting out on the ridge.</p> <p>GulfsideTrail ascends to the north, and from one point, there is a view of the Sphinx down the slope to the right. The Cornice enters left from Caps Ridge Trail, a short distance before Gulfside Trail begins to cross Monticello Lawn, a comparatively smooth, grassy plateau.</p>		
			to the junction of The Cornice	44° 17' 54"	71° 18' 59"
0.50 mi	17 min	-228 ft	on The Cornice		
7.70 mi	5 hr 58 min	+3707 ft	<p>This trail circles the west slope of Mt. Jefferson, running completely above the treeline, with many interesting views. It starts near Edmands Col, crosses the Castle Trail and the Caps Ridge Trail, and returns to the Gulfside at Monticello Lawn, linking the trails on the west and northwest slopes of Jefferson. Its southern segment, which has relatively good footing, provides an excellent shortcut from the Caps Ridge Trail to the Gulfside on Monticello Lawn south of Mt. Jefferson. However, the section leading from Edmands Col to the Caps Ridge Trail is extremely rough, with a large amount of tedious and strenuous rock-hopping, which is very hard on knees and ankles. This section of the trail, therefore, may take considerably more time than the estimates that follow. As a route between Edmands Col and the Caps Ridge Trail, the Cornice saves a little climbing compared to the route over the summit of Jefferson, but it is much longer, requires more exertion, and is just as exposed to the weather. This makes its value as a route to avoid Jefferson's summit in bad weather very questionable.</p> <p>Just below Monticello Lawn, the Cornice leaves the Gulfside Trail; it diverges left and climbs down to the Caps Ridge Trail. It turns left (west) down the Caps Ridge Trail for about 20 yd., then diverges right (north) just above the Upper Cap. It then continues across the rocky slope.</p>		
			to the junction of Caps Ridge Trail	44° 18' 04"	71° 19' 21"
1.00 mi	30 min	-1245 ft	on Caps Ridge Trail		

Distance	Time	Elev Change	Trail / Waypoint	Latitude	Longitude
8.70 mi	6 hr 28 min	+2462 ft	<p>The Caps Ridge Trail makes a direct ascent of Mt. Jefferson from the height-of-land (3,008 ft.) on the road through Jefferson Notch, the pass between Mt. Jefferson and the Dartmouth Range. (This road is closed in winter.) This is the highest trailhead on a public through-road in the White Mountains, making it possible to ascend Mt. Jefferson with much less elevation gain than on any other trail to a Presidential peak over 5,000 ft., except for a few trails that begin high on the Mt. Washington Auto Rd. However, the Caps Ridge Trail is steep and rough with numerous ledges that require rock scrambling and are slippery when wet, and the upper part is very exposed to weather. Therefore, the route is more strenuous than might be anticipated from the relatively small distance and elevation gain. (One should take note that it is not easier to ascend Mt. Washington via the Caps Ridge Trail than via the Jewell Trail because the descent from Monticello Lawn to Sphinx Col mostly cancels out the advantage of the higher start.)</p> <p>Caps Ridge Trail descends steeply down the ridge, which becomes better defined, and arrives at the highest Cap. The trail descends very steeply with several ledge scrambles to the lowest Cap, and continues down with more ledge scrambling. The Caps Ridge Trail follows the narrow crest of the ridge, continuing steep and rough as it descends into the scrub. The Link leaves to the right, providing a nearly level but rough path that runs to the Castle Trail just below the Castles, making possible a very scenic though strenuous loop over the Caps and Castles.</p> <p>to the junction of The Link</p>	44° 17' 58"	71° 20' 12"
			leaving alpine zone		
1.10 mi	34 min	-792 ft	on Caps Ridge Trail		
9.80 mi	7 hr 2 min	+1670 ft	<p>There is an outcrop of granite on the left that provides a fine view, particularly of the summit of Jefferson and the Caps Ridge. There are several potholes in this outcrop that were formed by glacial meltwater. The trail descends the lower part of the ridge steadily, then crosses a wet section on log bridges and terminates at the parking lot off Jefferson Notch Road.</p> <p>to Caps Ridge Trailhead</p> <p>The south end of Jefferson Notch Rd. is located directly opposite Mt. Clinton Rd. at a crossroads on Base Rd. (the road that runs from US 302 to the Cog Railway). The north end is on Valley Rd. in Jefferson (which runs between US 2 and NH 115). Jefferson Notch Rd. is a good gravel road, open in summer and early fall, but because of the high elevation it reaches, snow and mud disappear late in spring and ice returns early. Drive with care because it is winding and narrow in places, and watch out for logging trucks. The southern half is usually in better condition than the northern half, which is often very rough (but still sound).</p>	44° 17' 47"	71° 21' 13"
9.80 mi	7 hr 2 min	+1670 ft	Totals		

Disclaimer

The use of this content is at your own risk. You acknowledge that (i) hiking, climbing and camping and related outdoor activities entail inherent risks and hazards, (ii) that conditions are variable and the content does not purport to be error-free or up to date, (iii) the presence of some warnings does not mean that all dangerous situations or changes in conditions will result in warnings on the AMC Site (and, thus, in this report), and (iv) ratings are very general, assume good weather and trail conditions and good physical fitness and constitute only one factor of many in a decision to hike a trail.

Important Phone Numbers

Emergency	911
Appalachian Mountain Club Pinkham Notch Visitor Center	603-466-2721
AMC Reservations (huts, lodges)	603-466-2727
U.S. Forest Service	603-528-8721
National Weather Service	603-225-5191

Additional WMNF Information

Camping is allowed anywhere in the WMNF, but is prohibited or restricted in Forest Protection Areas (FPAs). Generally, in Forest Protection Areas no camping is permitted above treeline (where trees are less than 8 feet tall), within ¼ mile of a trailhead or road, within 200 feet of a trail.

Wilderness Areas

In accordance with USFS Wilderness policy, trails in designated Wilderness areas are generally maintained to a lower standard than trails outside Wilderness. They may be rough, overgrown or essentially unmarked with minimal signage, and considerable care may be required to follow them. Hiking and camping group size must be no larger than 10 people. Camping and fires are also prohibited above treeline (where trees are less than 8 feet tall) except in winter, when camping is permitted above treeline in places where snow cover is at least 2 feet, but not on any frozen body of water.

Alpine Zone

Hikers are encouraged to be particularly careful in their activities above treeline because the plants that grow there already have to cope with the severity of the environment. No plants should ever be picked or otherwise damaged. Hikers are urged to stay on trails or walk very carefully on rocks so as not to kill fragile alpine vegetation. AMC urges hikers to become citizen-scientists and help AMC in alpine plant monitoring – see www.outdoors.org/mountainwatch for details.



Safety Tips from the Appalachian Mountain Club

Here's the essential clothing and gear you need — even for a day hike — in the Northeast's mountains in the spring, summer, or fall. **Always check the weather and prepare for the worst conditions; make plans with your group's abilities in mind; and plan an alternate route in case of bad weather, injury, illness, or slower than expected travel time.**

Avoiding Hypothermia: Hypothermia can occur when your core body temperature falls below normal. This can easily happen when you are exposed to cold winds or wetness.

You can avoid hypothermia if you guard against dehydration, fatigue, cold winds, and wet clothes. Be sure to:

- Dress warmly, in layers.
- Stay dry.
- Protect yourself from wind, rain, and snow. (This can be done most effectively by wearing clothes that block wind and moisture.)
- Eat high-energy snacks and drink plenty of water.
- Do not over-exert.
- Pack essential gear, even on day hikes.

Essential Gear: Be sure to wear or bring the following:

Wool sweater or synthetic pile jacket * Hat * Gloves or mittens
Bandanna or handkerchief * Long pants (avoid cotton)
Wind and rain gear (jacket and pants)

Extra socks * Sturdy boots * Polypropylene or wool underwear

First-aid kit * Waterproof matches. * Whistle * Knife.

Guidebook, trail map, and compass. * High-energy snacks.

Two to four quarts of water, per person. * Flashlight or headlamp with fresh batteries.

Sunscreen. * Insect repellent. * Plastic trash bags

Consider carrying a sleeping bag in case you are forced to sleep out overnight. If you're traveling in a group, carry at least one sleeping bag. It is an emergency tool that can keep an injured hiker warm until help arrives.

For more advice on preparing for your next hike, see: www.outdoors.org/recreation/plan.

AMC offers over 8,000 outdoor programs each year, offers a wide range of educational programs, and maintains over 1,700 miles of trails in the Northeast. Most of all, we rely on the support of hikers like you. To join, visit www.outdoors.org/membership.

AMC recommends hikers follow the hikeSafe Hiker Responsibility Code, and minimize their impact on the backcountry by following Leave No Trace principles.

hikeSafe Hiker Responsibility Code



You are responsible for yourself, so be prepared:

With knowledge and gear. Become self reliant by learning about the terrain, conditions, local weather and your equipment before you start.

To leave your plans. Tell someone where you are going, the trails you are hiking, when you will return and your emergency plans.

To stay together. When you start as a group, hike as a group, end as a group. Pace your hike to the slowest person.

To turn back. Weather changes quickly in the mountains. Fatigue and unexpected conditions can also affect your hike. Know your limitations and when to postpone your hike. The mountains will be there another day.

For emergencies. Even if you are headed out for just an hour, an injury, severe weather or a wrong turn could become life threatening. Don't assume you will be rescued; know how to rescue yourself.

To share the hiker code with others.

hikeSafe: It's Your Responsibility. To learn more, see: www.hikesafe.com

The Hiker Responsibility Code was developed and is endorsed by the White Mountain National Forest and New Hampshire Fish and Game.

Leave No Trace principles to minimize backcountry impact



Plan ahead and prepare. Know the terrain and any regulations applicable to the area you're planning to visit, and be prepared for extreme weather or other emergencies. Small groups have less impact on resources than large ones.

Travel and camp on durable surfaces, which include established trails and campsites, rock, gravel, dry grasses, or snow. Camp at least 200 feet from lakes and streams, and focus activities on areas where vegetation is absent.

Dispose of waste properly. Pack it in, pack it out. To wash yourself or your dishes, carry water 200 feet away from streams or lakes and use small amounts of biodegradable soap. Scatter strained dishwater.

Leave what you find. Cultural or historic artifacts, as well as natural objects such as plants or rocks, should be left as found.

Minimize campfire impacts. Cook on a stove. If a campfire is built, keep it small and use dead sticks found on the ground. Use established fire rings, fire pans, or mound fires.

Respect wildlife. View critters from a distance. Feeding wildlife alters their natural behavior.

Be considerate of other visitors. Be courteous, respect the quality of other visitors' backcountry experience, and let the natural sounds of the forest prevail.

The AMC partners with Leave No Trace Center for Outdoor Ethics, to provide Leave No Trace training in the East. For more on our LNT Master Educator training, see <http://www.outdoors.org/recreation/leadership>.